

Recommended Dose: Adults and Children (4 years and older): Take 1 teaspoon daily with a meal or as recommended by your health professional. **Children (1 - 3 years):** Take ½ teaspoon daily with a meal or as recommended by your health professional. **Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. **CAUTION:** Accidental overdose of liquid vitamin D products can lead to serious adverse side effects in infants. THIS PRODUCT IS NOT INTENDED FOR INFANTS. The recommended daily dose of vitamin D for infants is 10 mcg (400 IU). This product delivers 7.5 mcg (300 IU) of vitamin D per teaspoon and 3.75 mcg (150 IU) per ½ teaspoon.

Keep out of the reach of children. Use only if safety seal is intact. Refrigerate after opening. Like extra virgin olive oil, Cod Liver Oil Forte may occasionally become cloudy in cold conditions. This is perfectly normal and in no way affects the quality of the oil.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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Contents may not fill package in order to accommodate
required labeling. Please rely on stated quantity.



V3 **428-500U**
Made in Canada for
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GENESTRA
BRANDS®

Cod Liver Oil Forte

Dietary Supplement

With **Vitamins A & D**
*Support for cognitive function and healthy
bones, eyes and skin†*

16.9 fl oz (500 mL)



Supplement Facts

Serving Size 1-3 years: ½ Teaspoon (2.5 mL); 4+ years: 1 Teaspoon (5 mL)
Servings per Container 1-3 years: about 200; 4+ years: about 100

	Amount Per Teaspoon	% DV for Adults and Children 4+ Years (1 Teaspoon)	Amount Per ½ Teaspoon	% DV for Children 1-3 Years (½ Teaspoon)
Calories	40		20	
Total Fat	4.5 g	6% ^	2 g	6% ^^
Saturated Fat	1 g	5% ^	0.5 g	5% ^^
Cholesterol	25 mg	8%	15 mg	4%
Vitamin A (as vitamin A palmitate/ cod liver oil)	800 mcg	89%	400 mcg	133%
Vitamin D (as cholecalciferol/ cod liver oil)	7.5 mcg (300 IU)	38%	3.75 mcg (150 IU)	25%
Cod Liver Oil	4,440 mg	*	2,220 mg	*
Yielding				
DHA (Docosahexaenoic acid)	466 mg	*	233 mg	*
EPA (Eicosapentaenoic acid)	377 mg	*	188.5 mg	*
Total Omega-3 Fatty Acids	1,110 mg	*	555 mg	*

* Daily value (DV) not established
^ Percent daily values (DV) are based on a 2,000 calorie diet
^^ Percent daily values (DV) are based on a 1,000 calorie diet

Other ingredients: Natural lemon oil, natural orange oil, natural mixed tocopherols
Contains: Fish (cod)